

NOVEMBER 2020

CENTRAL-CLEMSON

Recreation Center

What's inside this issue:

CALENDAR.....	2
20 MINUTE TG WORKOUT.....	3
FITNESS CLASSES FOR ALL.....	4
WHAT'S NEW AT CCRC.....	5
CELEBRATING TG SAFELY.....	6
TG RECIPES.....	7-9

**Make an energizing workout part of
your Thanksgiving routine this year!**

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time Ends	2	3 Election Day Polling Location	4	5	6	7
8	9	10	11 Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25 CLOSING AT 5:00PM	26 CLOSED Happy Thanksgiving	27 CLOSED	28 CLOSED CU vs Pittsburgh
29	30	<p><i>Be sure to take a look at the <u>pool</u>, <u>fitness</u> and <u>events</u> calendars, located on our website, for all the happenings at CCRC.</i></p>				

20 Minute Thanksgiving Workout



Do this workout before your Thanksgiving dinner and your body will use the food for muscle recovery. Complete it again the day after to burn off Mom's casserole. It felt good going down, but I assure you, it feels better coming off. What makes this routine so effective, though it's just 20 minutes (yup!), is that it has you switch up your exercise every 60 seconds. This maximizes the amount of fat burned, which stimulates lean muscle building, and in turn, enhances the body's ability to burn more calories even after the workout.

TREADMILL PART 1: Your first five minutes will be on the treadmill alternating from jogging to running to sprinting to the finish.

- Jog (00:00 to 01:00)
- Run (01:00 to 02:00)
- Jog (02:00 to 03:00)
- Run (03:00 to 04:00)
- Sprint (04:00 to 05:00)

STRENGTH TRAINING PART 1: The following five minutes will focus on building strength using your own body weight.

- Push-Ups (05:00 to 06:00)

- Plank (06:00 to 07:00)
- Mountain Climbers (07:00 to 08:00)
- Push-Ups (08:00 to 09:00)
- Plank (09:00 to 09:30)
- Mountain Climbers (09:30 to 10:00)

TREADMILL PART 2: For the next five minutes, you will go back and repeat the same running segment you started off with.

- Jog (10:00 to 11:00)
- Run (11:00 to 12:00)
- Jog (12:00 to 13:00)
- Run (13:00 to 14:00)
- Sprint (14:00 to 15:00)

STRENGTH TRAINING PART 2: For the final five minutes you will use the dumbbells.

- Bicep Curls (15:00 to 16:00)
- Squats (16:00 to 17:00)
- Shoulder Press (17:00 to 18:00)
- Tricep Kick-Backs (18:00 to 19:00)
- Burpees (19:00 to 20:00)

Voilà! In just 20 minutes, you're free to join your family back on the couch and indulge in some guilty pleasure television. And maybe some snacks.

Fitness Classes For All



If you are not sure you can commit to a solo exercise plan then we recommend you join us for an hour of endorphin making, fat burning, muscled building fun. Here are few of our favorites but be sure to check out the [FULL SCHEDULE.](#)

HIIT or High Intensity Interval Training is made up of timed intervals of cardio and strength training to create a well-rounded high-intensity interval training workout.
Monday from 5:30pm-6:30pm

Ride is indoor cycling on a stationary bike. This workout focuses on endurance and strength through high intensity intervals and recovery.

Monday, Wednesday & Friday from 5:30am-6:15am

Fit For Anything is designed to help balance your busy life with a class that is as versatile as you are! Experience a variety of exercises from just about every type of workout you

can imagine. Each week will hold new challenges and is suitable for all.

Thursday from 10:30am-11:30am

Deep Water is a high to moderate intensity water workout held in the deep end of the lap pool. Each class is designed to include: warm-up, vigorous aerobic, strengthening, toning and cool-down.

Monday, Wednesday and Friday from 11:00am-12:00pm



WHAT'S NEW AT CCRC



With the new basketball court all but finished, we are jumping out of our socks to get in there. Whether you are playing basketball, volleyball, pickleball or just playing around, this court has you covered. Plus, it is packed full of cool features. There are automatic lights to help save on energy, hand driers to save on paper and a cool water fountain designed to refill your water bottle and encourage a reduction in the use of plastic bottles. We are so happy we could work some of the environmentally friendly designs into our new court!

Our original two courts are receiving come updates as well. They will soon have a fresh coat of pain to match the new court and we already have a new court divider installed! There are also several other smaller projects we will be tackling around the facility so keep your eyes peeled for all the fantastic improvements we are making for you!



Celebrating Thanksgiving Safely



This year, we hope everyone has a turkey stuffed day that is filled with thanks, love and a hearty helping of safety. Below are a list of activities the CDC has ranked from low to high risk. You can also find a full list of there recommendations at the links below.

Lower Risk:

- A small dinner with the people in your household
- A virtual dinner with family and friends
- Preparing food for family and neighbors and delivering it to them without person-to-person contact
- Shopping online rather than in person on Black Friday and Cyber Monday
- Watching sports events, parades and movies at home

Moderate Risk Activities:

- A small outdoor dinner with family and friends who live in your community
- Visiting pumpkin patches or orchards where people are taking COVID-19 safety precautions
- Small outdoor sports events with safety precautions in place

Higher Risk Activities:

- Going shopping in crowded stores just before, on or after Thanksgiving
- Participating or being a spectator at a crowded race or parade
- Attending large indoor gatherings with people from outside of your household

Read the full article [HERE](#) or Check out the CDC's complete recommendations [HERE](#)!

Are you considering a virtual Thanksgiving but don't know where to begin? You are not the only one. Not to worry, a quick "how to host a virtual Thanksgiving dinner" internet search will lead you from Martha Stewart to AARP to REALSIMPLE and beyond, all with great suggestions on how to host your first virtual Holiday! So get searching, stay safe and have a wonderful Thanksgiving.

Small Thanksgiving Recipes



Thanksgiving may look a little different this year but that does not mean it won't be filled with the ones we love and irresistible food. Instead a huge family gathering, maybe this year will just be you and your significant other or just your immediate family. You may be responsible for all the cooking instead of a potluck and were will you store all those leftovers. This is the time to plan ahead and pare it down a bit. This year our recipes focus on slightly smaller portions, don't worry, you will still be stuffed, and recipes you can prepare ahead or individually. Keep reading for all the delicious details.

Roasted Bone-In Turkey Breast

Ingredients

1 bone-in turkey breast (about 4 lbs.)
1 bone-in turkey breast (about 4 lbs.)
3 cloves garlic (minced)
3 cloves garlic (minced)
2 Tbsp. grainy mustard

2 Tbsp. grainy mustard
1 Tbsp. chopped fresh thyme leaves
1 Tbsp. chopped fresh thyme leaves
2 tsp. kosher salt
2 tsp. kosher salt
1 tsp. black pepper
1 tsp. black pepper
2 Tbsp. olive oil
2 Tbsp. olive oil
2 Tbsp. lemon juice + zest of 1 lemon
2 Tbsp. lemon juice + zest of 1 lemon
1 cup dry white wine1 cup dry white wine
1 cup water1 cup water
1 Tbsp. butter
1 Tbsp. butter

Instructions

In a bowl, combine the garlic, mustard, thyme, salt, pepper, olive oil, and lemon juice. Loosen the skin from the turkey breast and smear half of the mixture under the skin. Smear the remaining mixture on the outside of the turkey breast. Place in refrigerator, uncovered, overnight. Preheat oven to 450 degrees. Place the turkey on a rack, in a roasting pan, and pour the wine and water into the bottom of the pan. Roast the turkey for 30 minutes. Reduce heat to 400 degrees; and roast for an additional 45 minutes - 1 hour or until thermometer inserted into thickest part of the breast reaches 165 degrees. If the skin is over-browning, cover the breast loosely with aluminum foil. When the turkey is done, add the butter to the pan, cover with foil and allow it to rest at room temperature for 15 minutes. Slice and serve with the pan juices spooned over the turkey breast.

Small Thanksgiving Recipes Cont...



Ginger-Pumpkin Soufflé

Watch out, pumpkin pie! This dessert is delicious even without a caloric crust. It's a light and flavorful soufflé consisting mostly of egg whites, a great source of high-quality protein. To further up the health quotient, naturally rich but low-calorie unsweetened soy milk is used in place of whole milk.

Ingredients

1 1/2 cups unsweetened soymilk
1 tablespoon minced peeled fresh ginger
4 large egg yolks
3/4 cup sugar
5 tablespoons all-purpose flour
1 cup solid-pack canned pumpkin
8 large egg whites

Instructions

Preheat oven to 375°F. Butter 8 6-ounce ramekins. In medium, heavy-bottomed saucepan over medium heat, bring soy milk to boil. Add ginger, remove pan from heat, cover, and let steep 30 minutes. Strain soy milk, discarding ginger, and set aside. In large nonreactive bowl, whisk together egg

yolks and 6 tablespoons of sugar. Whisk in flour until well combined. Gradually add hot milk, whisking constantly to prevent curdling. Return yolk mixture to saucepan and set over medium heat. Cook, whisking constantly, until custard boils and thickens enough to coat back of a spoon, 2 to 3 minutes. Transfer to large bowl, whisk in pumpkin purée, and set aside. Using electric mixer with whisk attachment, beat egg whites until foamy and slightly opaque. With mixer running, add remaining 6 tablespoons sugar, 1 tablespoon at a time, then beat until stiff but not dry. Fold 1/3 of egg whites into pumpkin mixture to lighten, then add mixture to remaining whites, folding in gently but thoroughly. Spoon batter into ramekins, filling almost to top, and lightly run finger around inside rim to create a "moat." Place ramekins in large baking pan. Place baking pan on middle oven rack and add hot water around ramekins to depth of 1 inch. Bake until soufflés have risen well above rim and tops are golden brown, about 25 minutes. Serve immediately.

Small Thanksgiving Recipes Cont...

Lemony Brussels Sprout Slaw

Like cabbage, raw brussels sprouts do well when shredded and mixed with a tart apple, lemon juice and zest, and a dressing of Dijon mustard and mayonnaise. It's not a traditional slaw, but the concept is the same. Serve this immediately, or give it some time in the fridge to let the flavors meld. (You may want to drain it before serving if it has released a lot of liquid.)

Ingredients

2 tablespoons mayonnaise
1 teaspoon Dijon mustard
2 tablespoons freshly squeezed lemon juice
1 tablespoon lemon zest
¼ cup olive oil
1 ½ pounds brussels sprouts, trimmed and shredded
1 medium Granny Smith or other tart apple
1 large shallot, chopped
Salt
Freshly ground black pepper
¼ cup chopped fresh mint leaves

Instructions

To make the dressing, whisk together the mayonnaise, mustard, lemon juice and zest in a small bowl. Add the oil a little at a time, whisking all the while. Combine the brussels sprouts, apple and shallot and toss with the dressing. Sprinkle with salt and plenty of black pepper and refrigerate until ready to serve. (It's best to let the slaw rest for an hour or so to allow the flavors to mellow; the sprouts will also soften a bit and exude some juice. You can let it sit longer, for up to 24 hours, if you like. Drain the slaw before continuing.) Just before serving, toss with the mint.



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